VISIT…

漢光食藝精粹

Highlight's Chinese Gourmet Cooking

海鮮類 Seafood Dishes

漢光食藝精粹
海鮮類 SEAFOOD DISHES
漢光

jpepito王鼎汉

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漢光食藝精粹—海鮮類

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發行人：宋定西●編印發行：漢光文化事業股份有限公司
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TELEX：26229 HILIT●郵撥帳號：0107369—6
出版登記：局版臺業字第 1387 號●漢光總號：HILIT 00053 分類編號C 009
ISBN（國際書碼）：（中）0—914929—64—X（英）0—914929—65—8
中華民國七十六年三月二十五日初版●定價： 55 元

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序

漢光公司出版食藝系列圖書，已有將近六年的歷史。不論食譜的編寫、菜餚的烹製與拍攝，都是由多位經驗豐富的同仁親自動手，協力完成。兼以設計大方，印刷精美，所以問世以來，一直廣爲社會大衆所喜愛。

這一系列中、英文對照的「漢光食藝精粹」，是應廣大讀者的要求而設計的——許多在學的讀友表示，他們以囊中不夠寬裕爲憾；負笈海外的學子則希望將食譜譯爲英文，以便介紹給國際友人。爲此我們特將前批出版的「漢光菜卡」改爲菊十六開本，並加譯英文，以實惠的價格服務讀者。希望此舉對中華食藝的傳習與推廣，能夠有所貢獻。

漢光文化事業股份有限公司　謹識

FOREWORD

We have been publishing our series of cookbooks for six years. Some of our readers who are in school have expressed the need for more economical, low-budget recipes; others who have left the R.O.C. to study abroad have asked that we publish an English edition to introduce their new friends to exciting experience of Chinese cookery. In response to these demands, we have changed our "Chinese Cooking Cards" to $5\frac{7}{8}'' \times 8\frac{1}{4}''$ size, added English translations, and kept economy in mind. It is Hilit's pleasure to contribute towards the promotion and understanding of Chinese cooking, a significant aspect of Chinese culture.

Hilit Publishing Co., Ltd.

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甜酸墨魚

SWEET AND SOUR CUTTLEFISH

材料：

墨魚（俗稱花枝）1200公克、甜椒（大）1粒、木耳½碗（水發的）、胡蘿蔔（小）½支、鮑魚菇2大朵、油5大匙、太白粉水2大匙。

Ingredients:

1 cuttlefish (about 2.5 pounds), 1 sweet pepper, ½ cup fungus (fresh or soaked if dry), ½ small carrot, 2 abalone mushrooms, 5 tablespoons oil, 2 tablespoons cornstarch paste, 2 teaspoons sesame oil

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主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
185 g	94 g	61 g	2340mg	2160mg	1856cal.

調味料：

薑酒汁1大匙、鹽1茶匙、糖3大匙、香醋4大匙、高湯¼飯碗。

Seasonings:

1 tablespoon ginger wine, 1 teaspoon salt, 3 tablespoons sugar, 4 tablespoons vinegar, ¼ cup stock

淋料：

麻油2茶匙。

做法：

1. 墨魚去皮及內臟洗淨分切成大片塊，先用清水浸泡冲洗一下；甜椒去子及蒂洗淨切寸長塊片；木耳洗淨摘去沙根，切大片塊；胡蘿蔔洗淨切去莖頭先用水煮熟切長片塊；鮑魚菇洗淨用片刀法切成長片塊。
2. 調味料充分先混合好。
3. 煮滾一鍋水先放下墨魚燙煮1～2分鐘立刻撈起冲清水，使涼透瀝乾水份（可使肉脆而不生水）。
4. 炒鍋燒大熱倒下油立刻倒下墨魚和所有切片的配料，用大火快炒約炒數十下見材料已透軟時把調味料倒下再翻炒十數下。用太白粉勾芡，並淋下麻油即可供食。
5. 圖片所示配料只取部份，學者亦可按自己所需而取捨。

Method:

1. Skin cuttlefish. Clean out its internal organs. Cut cuttlefish into large pieces. Soak in water for a while. Remove stem and seeds from sweet pepper. Cut into inch-long pieces. Wash fungus. Cut into large pieces. Boil carrot until cooked. Cut cooked carrot into long pieces. Wash abalone mushrooms. Cut into long pieces.
2. Mix seasonings well.
3. Parboil cuttlefish in boiling water for 1～2 minutes. Remove and rinse with cold water to cool. Drain.
4. Heat pan. Put oil in. Add cuttlefish slices, sweet pepper, fungus, carrot, abalone mushrooms. Stir-fry quickly over high heat. Add seasonings when cuttlefish becomes soft. Stir-fry for a while. Add cornstarch paste. Drizzle sesame oil on top and serve.

jpepito王鼎汶

宮保魚絲

FRIED FISH SHREDS WITH DRIED RED CHILIES

材料：

大沙魚肉375公克、乾紅辣椒15粒、葱段少許、薑絲1大匙、太白粉1大匙、炸油1份、沙拉油3大匙。

Ingredients:

13 ounces shark meat, 15 dried red chilies, some green onions, 1 tablespoon ginger shreds, 1 tablespoon cornstarch, 4～5 cups oil for frying, 3 tablespoons salad oil

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
64 g	125 g	13 g	4045mg	150mg	1445cal.

調味料：

鹽1茶匙、醬油1大匙、酒1大匙、味精¼茶匙。

Seasonings:

1 teaspoon salt, 1 tablespoon soy sauce, 1 tablespoon sherry, ¼ teaspoon MSG

醃魚料：

肉桂粉½茶匙、花椒粉½茶匙。

Dressing for Fish:

½teaspoon cinnamon powder, ½ teaspoon xanthoxylum seeds powder

做法：

1. 魚肉去皮切成絲，用醃料仔細拌勻放10分鐘，然後再放下太白粉1大匙用手拌得十分均勻才可。
2. 炸油燒大熱放下醃好的魚絲炸2分鐘，魚絲放入時如油溫太高要改小火或中火以免太焦黑不美，撈起滴乾油份。
3. 乾紅辣椒洗淨切去蒂，切成3公分段。
4. 炒鍋放油後先放下乾紅椒炒香，喜味重者或可炒到紅椒變黑。倒下葱薑略炒再放下炸好魚絲，炒鬆後淋下所有調味料翻炒約1～2分鐘即可供食。

Method:

1. Skin shark meat and shred. Mix shark meat with dressing. Marinate for 10 minutes. Add 1 tablespoon cornstarch. Blend well.
2. Heat oil for frying over high heat. Fry fish shreds for 2 minutes. (Lower the heat before adding fish shreds.) Remove and pour out oil.
3. Remove stems from dried red chilies and wash. Cut into inch-long pieces.
4. Heat 3 tablespoons of oil in pan. Stir-fry dried red chilies first. (If you like spicy food, you can stir-fry the dried red chilies till they turn black.) Add green onions and ginger. Stir-fry for a few seconds. Add fish shreds. Stir-fry well till fish shreds are loose. Add seasonings. Stir-fry for about 1～2 minutes and serve.

jpepito

酒烹大蝦

WINE-SCALDED PRAWNS

材料：
大草蝦12隻、薑1片、米酒½瓶。

Ingredients:
12 prawns, 1 slice ginger, ½ bottle sherry

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
114 g	2.4 g	28 g	2300mg	1200mg	962cal.

調味料：

鹽½茶匙、味精¼茶匙。

Seasonings:

½ teaspoon salt, ¼ teaspoon MSG

做法：

1. 大草蝦活的最好，洗淨用剪刀剪去尾刺及頭部有鬚刺的地方，腹下大脚亦要剪去，再把蝦背從頭剪到尾把殼剪開抽去泥腸；薑拍扁。
2. 煮鍋放蝦及薑倒下酒，剛好酒量以蓋住蝦身爲度。開火煮滾，滾後計時1分鐘加入鹽和味精即可撈起供食。煮時不放一滴水，其肉緊實香嫩十分可口，又不需任何沾料，純是鮮蝦的甘甜滋味。

Method:

1. Rinse prawns. Use scissors to cut off the antennae and legs. Remove intestinal cord by slashing back from head to tail. Crush ginger slice flat.
2. Put prawns, ginger, and wine in a saucepan. (The amount of wine should be enough to cover all the prawns.) Place saucepan on fire. After it has boiled for one minute, add salt and MSG. Serve. (There's no need to add water while cooking. Also, this dish does not need a dip.)

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魚頭砂鍋

FISH HEAD IN EARTHENWARE POT

材料：

大魚頭1個約1200公克（海水魚或淡水魚均可）、豆腐（6×10公分）1塊、筍小2支、香菇5～6朵、豬肉片5片、老薑1大片、葱段數段、青蒜1支、紅椒1～2支、沙拉油3大匙、炸油1份、麵粉1大匙、紗布1小方塊、水1大湯碗。

Ingredients:

1 fish head (about 2.7 pounds), 1 beancurd (2″×4″), 2 small bamboo shoots, 5～6 dried black mushrooms, 5 slices pork, 1 slice ginger, several sections green onions, 1 garlic sprout, 1～2 red chilies, 3 tablespoons salad oil, 4～5 cups oil for frying, 1 tablespoon flour, 1 piece gauze, 4 cups water

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
184 g	229 g	45 g	5620mg	1041mg	2500cal.

調味料：

鹽1茶匙、醬油2大匙、糖1大匙、酒1大匙、味精¼茶匙。

Seasonings:

1 teaspoon salt, 2 tablespoons soy sauce, 1 tablespoon suger, 1 tablespoon sherry, ¼ teaspoon MSG

做法：

1. 魚頭洗淨（海魚頭尤其注意）可用開水淋燙一次把許多無法刮除的鱗除去。魚頭內的鰓要剪去，靠近咽喉處並須用一把牙刷沾些鹽用力刷洗，若海魚其口腔內一定要洗刷乾淨，抹乾水份，用紗布包起麵粉輕輕拍在魚頭上，內外均要拍到。
2. 炸油加熱到八、九分熱，放下魚頭炸到焦黃，撈起滴去油份。
3. 筍去殼削去老皮切5公分大片；香菇洗淨以清水泡2小時，切去蒂；紅椒拍扁，切去蒂；豆腐切½公分厚大片塊。
4. 炒鍋加熱，倒下沙拉油先放下葱段、薑片爆香，再放下豬肉炒數下，倒下清水隨之放下魚頭、豆腐、筍、香菇、紅椒及調味料一起同煮，煮30分鐘（先用大火煮滾改中小火），最後可放下青蒜切絲或切片段以增其色即可供食。
5. 如有人喜愛多汁則可酌加湯汁，亦可放蘿蔔、粉皮等配菜。

Method:

1. Rinse fish head. Pour boiling water over it to scrape scales off. Remove gills. Pat dry . Wrap flour in the gauze. Pat the flour bag gently all over the fish head to coat it evenly.
2. Heat 4~5 cups of oil until moderately hot. Fry fish head till scorched and browned. Remove and drain.
3. Peel bamboo shoots. Cut into 2-inch pieces. Soak dried black mushrooms in water for 2 hours. Remove stems. Crush red chilies flat; remove stems. Slice beancurd into quarter-inch thick pieces.
4. Heat pan. Put in 3 tablespoons of oil. Add green onion and ginger first. Stir-fry for a few seconds. Add pork slices and stir-fry for a while. Add water, fish head, beancurd, bamboo shoots, black mushrooms, red chilies and seasonings; boil for 30 minutes. (Use high flame first. Switch to medium flame when boiling.) Spread garlic sprout on top and serve.
5. During boiling, soup can be added. Carrots and bean flour noodles can also be added.

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蓋和鷄

SIMMERED CHICKEN WITH SALTED DRIED FISH

材料：

鷄腿2隻、鹹魚乾1大條、薑1大片、冰糖1大匙、酒1大匙、清水1大湯碗、味精¼茶匙。

Ingredients:

2 chicken legs, 1 large salted dried fish, 1 slice ginger, 1 tablespoon rock sugar, 1 tablespoon sherry, 4 cups water, ¼ teaspoon MSG

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主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
123 g	26 g	16 g	130mg	500mg	797cal.

做法：

魚乾洗淨切小塊（魚尾、魚鰭等不要）。鷄腿亦洗淨切塊。把所有材料放一煮鍋同煮，先用大火煮滾改小火燜煮20分鐘即可供食，雖不放鹽但魚的鹹味已夠，雖有湯汁但味略重是開胃之菜。

Method:

Rinse dried fish. Remove tail and fins. Cut into inch size pieces. Chop chicken legs into pieces. Put all the ingredients in a pot and boil over high heat; lower the flame after it's boiling. Simmer for 20 minutes and serve. (Salt is not needed because the fish is already salted.)

備註：

1. 此菜之湯如嫌多可留下煮包心白菜其味甚美。家常菜中重要的一點是要會利用剩下多餘的菜和汁。常常在集合了所有剩的菜和汁再加些豆腐筍片即爲另一道可口小菜了，既經濟亦實用。學者要多用心，而不只是學燒一道一道的大菜而已。
2. 同時，有些水份量亦可按自己需要而增多減少，並不是一成不變的尤其是鹹魚、火腿之類的菜。

Note:

1. The liquid from this dish can be used to cook Chinese cabbage.
2. Amount of water can be adjusted according to personal taste.

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茄汁大蝦

PRAWNS IN TOMATO SAUCE

材料：

大明蝦6隻、鮮紅小蕃茄2個、蕃茄醬2大匙、葱2支、薑1大片、沙拉油3大匙、炸油1份。

Ingredients:

6 large prawns, 2 small red tomatoes, 2 tablespoons catsup, 2 green onions, 1 slice ginger, 3 tablespoons salad oil, 4～5 cups oil for frying, ½ tablespoon cornstarch

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
88 g	112 g	86 g	7545mg	900mg	1672cal.

調味料：

鹽1茶匙、糖3大匙、黑醋3大匙、味精¼茶匙、清水5大匙、酒1大匙、麻油2茶匙。

Seasonings:

1 teaspoon salt, 3 tablespoons sugar, 3 tablespoons dark vinegar, ¼ teaspoon MSG, 5 tablespoons water, 1 tablespoon sherry, 2 teaspoons sesame oil

拌蝦料：

太白粉½大匙。

做法：

1. 大蝦剪去頭尖刺部份及胸前大脚。然後每只從頭背處剪開抽去泥腸，並用牙籤挑開頭節處看看是否有白色寄生蟲，如有須要挑出去掉，洗淨抹乾水份，把太白粉勻撒在蝦身上；葱薑拍扁剁碎；蕃茄亦洗淨去蒂切成小丁。
2. 炸油加熱到九分熱，投入大蝦炸到呈略焦香而有硬度（約1～2分鐘）時撈起。
3. 炒鍋加熱倒油3大匙，先放葱薑略爆香再倒下切碎丁的鮮蕃茄炒1～2分鐘，倒下蕃茄醬及所有調味料一起翻炒大滾後再倒下炸好的大蝦，略加翻炒，加蓋煮2分鐘即可供食。
4. 蝦除整隻外亦可分切爲2～3段，蝦頭肉雖少但內有蝦膏仍是可口的。

Method:

1. Cut off prawns' antennae and legs. Slash the back to remove intestinal cord. Rinse prawns and pat dry. Sprinkle prawns evenly with cornstarch. Chop ginger slice and green onions finely. Remove stems from tomatoes; cut into small cubes.
2. Heat oil for frying until moderately hot. Deep fry prawns till a little scorched and hard (about 1～2 minutes). Remove.
3. Heat pan. Pour in 3 tablespoons of oil. Stir-fry ginger and green onions for a few seconds. Add tomatoes and stir-fry for 1～2 minutes. Add catsup and all seasonings; stir-fry till boiling. Add prawns. Stir-fry for a while. Boil with cover on for 2 minutes. Remove from heat and serve.
4. You can also cut each prawn into 2～3 sections.

jpepito王鼎汉

清蒸全魚

STEAMED MANDARIN FISH

材料：

魚1條900公克左右即可（海魚或淡水魚均可，唯一條件是魚要鮮活，肉要細嫩）、蔥絲2大匙、薑絲1大匙、沙拉油3大匙。

Ingredients:

1 fresh fish (about 1.3 pounds), 2 tablespoons green onion shreds, 1 tablespoon ginger shreds, 3 tablespoons oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
185 g	118 g	7.2 g	4440mg	882mg	1816cal.

調味料：

醬油3大匙、酒1大匙、鹽¼茶匙、味精¼茶匙、清水3大匙。

Seasonings:

3 tablespoons soy sauce, 1 tablespoon sherry, ¼ teaspoon salt, ¼ teaspoon MSG, 3 tablespoons water

做法：

1. 整條魚要注意肉的厚度以不超過5公分爲最好(如爲圓筒形的魚身則要從魚背剖成一大片但魚腹不切開。如果是扁形而厚的魚身，其厚度超過5公分如白鯧魚的，則因骨少可在魚身斜切兩刀。如魚刺很多則不宜切刀口了)，刮清魚鱗洗淨抹乾水份放於盤中。
2. 蒸鍋水先煮滾，放入肉厚不超過6公分的魚或魚片，加蓋以大火蒸5分鐘，熄火不可開蓋續以無火力狀態5分鐘，開蓋取出魚盤，把蒸出的魚汁倒掉（這點非常重要，因爲汁十分腥臭）。
3. 炒鍋加熱倒下沙拉油，把蔥絲和薑絲加在混合的調味料中倒入熱油中，炒數秒鐘等汁一滾起即熄火將之淋在魚上即可供食。如此的魚肉鮮嫩香滑又有原魚鮮味。

Method:

1. The fish should be less than 1½ inches thick. Scrape scales off. Rinse the fish and pat dry. Put fish on an ovenproof plate.
2. Bring water in steamer to a boil; put fish in to steam for 5 minutes over high heat. Turn off the fire. Leave covered for another 5 minutes. Remove. Pour juice out.
3. Heat pan. Pour in oil. Add ginger shreds, green onion shreds, and all seasonings. Stir-fry for a few seconds till boiling. Pour over the fish. Serve.

jpepito王鼎汉

三鮮海參

STEWED SEA CUCUMBERS, BAMBOO SHOOTS, PIG'S STOMACH AND CHICKEN BREAST

材料：

刺參600公克、筍片½碗、熟豬肚片½碗、鷄胸肉½付、高湯1½飯碗、沙拉油3大匙、太白粉水3大匙。

Ingredients:

1.3 pounds sea cucumbers, ½ cup bamboo shoot slices, ½ cup cooked pig's stomach, ½ chicken breast, 1½ cups stock, 3 tablespoons oil, 3 tablespoons cornstarch paste, 1 slice ginger, 2 green onions, 1 tablespoon sherry, 3 cups water, 2 teaspoons Shaohsing wine

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
83 g	60 g	26 g	4045mg	750mg	996cal.

煮海參料：

薑1片、葱2支、酒1大匙、清水3碗。

調味料：

薑汁1茶匙、鹽1茶匙、糖2茶匙、味精¼茶匙、胡椒粉¼茶匙、麻油1茶匙、醬油1大匙。

Seasonings:

1 teaspoon ginger juice, 1 teaspoon salt, 2 teaspoons sugar, ¼ teaspoon MSG, ¼ teaspoon ground pepper, 1 teaspoon sesame oil, 1 tablespoon soy sauce

淋料：

紹興酒2茶匙。

做法：

1. 海參要把內臟挖洗乾淨否則有砂，對剖再片切成大片段。用煮海參料煮滾3分鐘，撈起用冷水冲一遍。
2. 鷄胸肉分2片，一爲小鷄柳即內層肉，一爲大胸肉。洗淨抹乾水份，先用刀側拍扁（不可太用力）再片切成大薄片，用1大匙太白粉水抓勻醃20分鐘。
3. 炒鍋加熱倒下油，先放鷄肉片和筍片翻炒2分鐘，再放下海參片、肚片及調味料和高湯，大滾後淋下太白粉水勾芡，再淋下酒即可供食。
4. 此菜所配作料，學者也可按自己愛好及方便而變更，如改用香菇、肉片、綠色的菜等。

Method:

1. Remove intestinal canals from sea cucumbers. Rinse sea cucumbers. Slice each sea cucumber in half, then cut into large pieces. Parboil sea cucumbers in 3 cups of boiling water with 1 slice of ginger, 2 green onions, and 1 tablespoon wine. Parboil for 3 minutes. Remove and rinse under cold water.
2. Slice chicken breast into large, thin pieces. Marinate in 1 tablespoon cornstarch paste for 20 minutes.
3. Heat pan. Pour in oil. Add chicken and bamboo shoot slices. Stir-fry for 2 minutes. Add sea cucumbers, pig's stomach, seasonings, and stock; bring to a boil. Add cornstarch paste after mixture is boiling. Drizzle with 2 teaspoons of wine and serve.
4. Black mushrooms, pork slices, or green vegetable can also be used instead of cucumbers, bamboo shoots, or pig's stomach.

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干貝芥菜

STEWED MUSTARD LEAVES WITH SCALLOPS

材料：

干貝4大粒、芥菜的菜心900公克、高湯2飯碗、薑汁1大匙、太白粉水2大匙、沙拉油2大匙、蘇打粉¼茶匙。

Ingredients:

4 large dried scallops, 2 pounds mustard leaves, 2 cups stock, 1 tablespoon ginger juice, 2 tablespoons cornstarch paste, 2 tablespoons oil, ¼ teaspoon baking soda, 1 teaspoon sesame oil

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
25 g	36 g	35 g	2470mg	29mg	531cal.

調味料：

鹽1茶匙、糖½大匙、味精¼茶匙、酒½大匙。

Seasonings:

1 teaspoon salt, ½ tablespoon sugar, ¼ teaspoon MSG, ½ tablespoon sherry

淋料：

麻油1茶匙。

做法：

1. 干貝浸溫水中1～2小時。芥菜摘去老葉用滾水加蘇打粉，煮燙3分鐘撈出投冷水中浸冷透以保持它翠綠色，再撈起擠乾水份，切成大片。
2. 炒鍋加熱放沙拉油再放下薑汁爆香，立刻倒下干貝（先用手撕碎成絲條）翻炒數次，倒下浸干貝的水和高湯，再把調味料放下煮滾起，放下芥菜片翻炒1分鐘，淋下太白粉水使湯汁成糊狀，淋下香油即可供食。
3. 此菜既美又清爽，是一道常用的宴客菜。
4. 如不用芥菜心，可改用蒿筍。

Method:

1. Soak scallops in warm water for 1～2 hours. After softened, tear into shreds; reserve liquid that scallops were soaked in. Discard old mustard leaves. Parboil in boiling water with baking soda for 3 minutes. Drain and rinse with cold water to cool down. Squeeze dry. Slice into large, thin pieces.
2. Heat pan. Pour oil in. Add ginger juice and stir-fry for a while. Add scallops; stir-fry for a while. Pour in stock, the water used to soak scallops, and seasonings. Bring to a boil. Add sliced mustard leaves. Stir-fry for 1 minute. Add cornstarch paste to thicken. Drizzle with sesame oil and serve.

jpepito王鼎汉

炸脆皮蝦球

FRIED CRISPY SHRIMP BALLS

材料：

劍蝦1200公克、麵包粉1飯碗、蛋1個、太白粉½大匙、炸油1份。

Ingredients:

2.6 pounds shrimps, 1 cup bread crumbs, 1 egg, ½ tablespoon cornstarch, 4～5 cups oil for frying, ½ tablespoon pepper salt

醃蝦料：

薑酒汁1大匙、太白粉3大匙、胡椒粉¼茶匙、鹽¼茶匙、糖1茶匙、蛋白½個、味精¼茶匙、麻油½大匙。

Dressing for Shrimps:

1 tablespoon ginger wine, 3 tablespoons cornstarch, ¼ teaspoon ground pepper, ¼ teaspoon salt, 1 teaspoon suger, ½ egg white, ¼ teaspoon MSG, ½ tablespoon sesame oil

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
131 g	122 g	131 g	715mg	1850mg	2080cal.

沾料：

桂末椒鹽½大匙。

做法：

1. 蝦先以牙籤挑去泥腸，再盛在漏盆中冲洗乾淨，滴乾水份（亦可用布幫著吸水）。隨之手擦乾剝去蝦殼，將蝦肉（不必再洗）用刀拍扁，再剁碎爛，置一盆中放下所有醃蝦料，用手以均力均速把蝦醬攪出膠性來。同時攪拌一段時間就要把蝦醬全部托起用力丟進盆中，如此又攪又丟（最好能做30分鐘但那十分累人因此以電動機器代勞最好），拌到蝦醬放1小塊入水中即浮於水面而不沉最佳，因越攪拌得久則其脆彈力越好。
2. 炸油燒到六分熱，把拌好的蝦醬用手捏成丸子投入炸油中（亦可改投到將沸的水中，但蝦丸顏色較淡白不夠漂亮）。初投入時沉於油鍋底（用中小火力），慢慢它會自動浮起，等浮起後火力可改略大，續炸半分鐘即全部撈起滴去油份。
3. 炸好的蝦球可以做下列處置：㈠待全涼存入冷凍庫隨取隨用。㈡可用大火及十分熱油再回炸½分鐘立即就食。㈢可切片或整個做別的燴菜或火鍋中用。㈣可作湯料。㈤可作脆皮蝦球供食。
4. 炸好蝦球撒上太白粉吸去油或水份，再把蛋1個和大半個剩下的蛋白一起打散，倒入蝦球中，取出沾麵包粉，再投入大熱的炸油中炸到呈焦黃色即可沾桂末椒鹽供食。

Method:

1. Remove intestinal cords from shrimps. Rinse shrimps and drain in a colander. Shell shrimps. Flatten shrimps, then chop into a mash. Put the mash in a mixing bowl. Add dressing. Blend well till glue-like (about 30 minutes). It's best when a small piece of the mash can float on water.
2. Heat oil to until moderately hot. Use hands to shape shrimp mash into balls. Deep fry balls over moderate heat. Turn the fire to high after the balls start to float. Deep fry for another ½ minute. Remove and drain.
3. Sprinkle ½ tablespoon cornstarch on shrimp balls to soak up oil or water. Beat 1 egg well. Pour the beaten egg over the shrimp balls. Coat the balls with bread crumbs. Put the balls again in extremely hot oil. Deep fry till golden brown. Dip in pepper salt to eat.

jpepito全鼎汉

菜花鳳尾球

STIR-FRIED CAULIFLOWER WITH SHELLED SHRIMPS

材料：

劍蝦600公克、花菜½個、沙拉油6大匙、蔥段數支。

Ingredients:

21 ounces shrimp, ½ head cauliflower, 6 tablespoons oil, several sections green onion

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
58 g	107 g	17 g	3770mg	900mg	1280cal.

醃蝦料：

薑酒汁1大匙、太白粉2茶匙、蛋白½個、麻油3茶匙、鹽½茶匙、胡椒粉⅓茶匙、糖1½茶匙。

Seasonings for Marinade:

1 tablespoon ginger wine, 2 teaspoons cornstarch, ½ egg white, 3 teaspoons sesame oil, ½ teaspoon salt, ⅓ teaspoon ground pepper, 1½ teaspoons sugar

調味料：

鹽1茶匙、清水3大匙、味精½茶匙。

Seasonings:

1 teaspoon salt, 3 tablespoons water, ½ teaspoon MSG

做法：

1. 蝦洗淨滴乾水份，然後剝去蝦殼(注意尾部要留下)，用醃料抓拌均勻醃20分鐘。
2. 花菜切去老莖，把花切成小塊粒，洗淨備用。
3. 炒鍋入油，先入葱段爆香，再入蝦仁炒1分鐘，盛起蝦仁，餘油留鍋中，放入花菜和味料炒1分鐘後加蓋煮2分鐘，盛起舖於盤中。
4. 把事先炒好的蝦球舖放在花菜上面即可供食。

Method:

1. Rinse shrimps and drain. Shell shrimps, keeping tail piece intact. Marinate with marinade seasonings for 20 minutes.
2. Remove main stem from cauliflower. Cut into inch size cubes. Wash.
3. Heat oil in a frying pan. Stir-fry green onion sections for a few seconds. Add shelled shrimps. Stir-fry for 1 minute. Remove shelled shrimps. Leave oil in pan. Add cauliflower and seasonings. Stir-fry for 1 minutes. Simmer with cover on for 2 minutes. Remove and arrange on a plate.
4. Arrange the cooked shelled shrimps on top. Serve.

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生蚵炒蛋

OYSTERS OMELET

材料：

蚵300公克、鷄蛋8個、沙拉油8大匙、葱花屑2大匙。

Ingredients:

10.4 ounces oysters, 8 eggs, 8 tablespoons oil, 2 tablespoons chopped green onion

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
90 g	184 g	22 g	1430mg	2950mg	2205cal.

醃料：

薑酒汁2茶匙、太白粉½大匙。

Seasonings for Marinade:

2 teaspoons ginger wine, ½ tablespoon cornstarch

調味料：

鹽½茶匙、味精½茶匙。

Seasonings:

½ teaspoon salt, ½ teaspoon MSG

做法：

1. 生蚵洗淨，撿去什物、碎殼，滴乾水份用醃料拌勻。醃20分鐘後，用滾水燙½分鐘，撈起滴乾水。
2. 鷄蛋去殼打散，加入味料充分打勻，加入葱屑和生蚵。
3. 炒鍋入油先加熱，倒下所有混合蛋汁，用大火慢炒，使蛋凝塊即成。

Method:

1. Rinse oysters and drain. Marinate in marinade seasonings for 20 minutes. Parboil in boiling water for ½ minute. Remove and drain.
2. Beat egg with seasonings well. Add oysters and chopped green onion to egg mixture.
3. Heat oil in a frying pan. Pour egg mixture in. Stir-fry over a high flame till no longer runny. Serve.

備註：

1. 炒鍋入油前需先加熱。
2. 炒蛋需火大，動作不可急，等蛋略凝時，才可下鏟翻炒。

Notes:

1. Heat the pan first before you add oil.
2. Do not disturb the egg mixture right after you pour it into the pan but wait for a while to allow it to become more firm.

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清蒸鯧魚

STEAMED POMFRET

材料：

鯧魚1條（約750公克）、蔥薑絲⅓飯碗、香菜1大匙、沙拉油4大匙。

Ingredients:

1 pomfret (about 26 ounces), ⅓ cup green onion shreds, ⅓ cup ginger shreds, 1 tablespoon coriander, 4 tablespoons oil

jpepito王鼎汶

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
76.2 g	62 g	3 g	3095mg	900mg	905.8cal.

調味料：

酒1大匙、醬油3大匙、高湯½飯碗、味精½茶匙。

Seasonings:

1 tablespoon wine, 3 tablespoons soy sauce, ½ cup stock, ½ teaspoon MSG

做法：

1. 魚洗淨抹乾水份，蒸鍋置水煮滾（水放多一點），把魚連盤子一起放入鍋內蒸7分鐘，不可開蓋，熄火再燜7分鐘。
2. 取出魚，倒去湯汁不要。
3. 炒鍋入油放入蔥薑和調味料炒½分鐘，滾起後盛起淋在魚身上，並在魚尾擺飾香菜即可供食。

Method:

1. Rinse fish and pat dry. Bring water in steamer to a boil; steam fish on a plate for 7 minutes. Do not open lid during steaming. Turn fire off. Leave covered for 7 minutes more.
2. Take fish out. Drain off juice.
3. Heat oil in a frying pan. Stir-fry green onion shreds, ginger shreds and seasonings for ½ minute. Bring to a boil. Pour over fish. Garnish with coriander. Serve.

Note:

"Pomfret" describes a kind of large, flat fish that lives in the ocean.

jpepito王鼎汉

麒麟石斑魚

STEAMED SHIH-BAN (GROUPER)

材料：

石斑魚1條（約900公克）、香菇8朵、嫩油菜150公克、沙拉油4大匙。

Ingredients:

1 grouper (about 2 pounds), 8 dried black mushrooms, 5.2 ounces rape flower, 4 tablespoons oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
85.5 g	65 g	34 g	3380mg	630mg	1039cal.

醃魚料：

薑酒汁1大匙、甘草粉⅓茶匙、花椒粉⅓茶匙、鹽½茶匙、太白粉2茶匙。

Seasonings for Marinade:

1 tablespoon ginger wine, ⅓ teaspoon licorice powder, ⅓ teaspoon xanthoxylum seed powder, ½ teaspoon salt, 2 teaspoons cornstarch

湯汁料：

高湯1飯碗、鹽1茶匙、糖1茶匙、酒2茶匙、味精½茶匙、太白粉½茶匙。

Seasonings for Gravy:

1 cup stock, 1 teaspoon salt, 1 teaspoon sugar, 2 teaspoons wine, ½ teaspoon MSG, ½ teaspoon cornstarch

做法：

1. 油菜撿去殘葉，用滾水燙煮1½分鐘，撈起放冷高湯中。
2. 把石斑魚的頭和尾切下，取去中段的脊骨使變成左右兩大片魚肉，再把魚肉每隔3公分厚處斜片切下，注意不可切斷魚肉，使每片呈 狀。用醃料抓勻醃30分鐘。
3. 香菇去蒂洗淨，浸水中 2 小時，然後1切爲2，每片嵌入魚片間隔中，再把魚頭和魚骨照原來的位置擺好在盤中。
4. 蒸鍋置水煮滾，放入魚盤用大火蒸20分鐘，熄火後再燜 5 分鐘，取出魚盤把魚汁倒入高湯中。
5. 炒鍋入油，倒入湯汁炒滾，淋在魚上即可。

Method:

1. Remove old leaves from rape flower. Parboil in boiling water for 1½ minutes. Remove with slotted spoon. Add cold stock.
2. Cut off fish head, tail and middle bone; reserve. Skin should be left intact. There should be two pieces of fish meat now. Slash the meat diagonally at one inch intervals. Do not cut through. Marinate in marinade seasonings for 30 minutes.
3. Soak mushrooms in water for 2 hours. Remove stems and wash. Cut each mushroom in half. Place black mushroom half in between two slices of fish meat. Put fish head, tail and bone back into their original positions.
4. Bring water in steamer to a boil. Put fish on a plate. Steam fish for 20 minutes. Turn fire off. Leave covered for 5 minutes more. Take fish out. Pour liquid from fish into the stock.
5. Pour oil in a frying pan. Add stock and vegetable. Bring to a boil. Pour over fish. Serve.

jpepito王鼎汉

糖醋小卷

STIR-FRIED CUTTLEFISH WITH SUGAR AND VINEGAR

材料：

新鲜小卷（又名小管）600公克、沙拉油4大匙、薑茸⅓大匙。

Ingredients:

21 ounces small fresh cuttlefish, 4 tablespoons oil, ⅓ tablespoon chopped ginger

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
98.5 g	67 g	28 g	3545mg	1080mg	1128cal.

調味料：

薑酒汁1大匙、醬油1大匙、鹽1茶匙、味精½茶匙、砂糖1½大匙。

Seasonings:

1 tablespoon ginger wine, 1 tablespoon soy sauce, 1 teaspoon salt, ½ teaspoon MSG, 1½ tablespoons sugar

淋加料：

太白粉½大匙、鎮江醋2大匙。

Seasonings for Gravy:

½ tablespoon cornstarch, 2 tablespoons vinegar

做法：

1. 小卷挖去內臟，洗淨備用。
2. 炒鍋入油，放入薑茸炒數下，立即放入小卷和調味料一起翻炒2分鐘，然後加蓋煮1½分鐘。
3. 開蓋再用大火翻炒至湯汁快乾時，立即倒入淋加料，再翻炒1分鐘即可食用。

Method:

1. Remove internal organs from cuttlefish. Rinse.
2. Heat oil in a frying pan. Add chopped ginger and stir-fry for a few seconds. Add cuttlefish and seasonings. Stir-fry for about 2 minutes. Simmer with lid on for 1½ minutes.
3. Remove cover. Switch to high heat. Stir-fry till liquid is nearly evaporated. Add seasosings for gravy. Stir-fry for 1 minute. Serve.

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生菜鮑片

ABALONE WITH LCEBERG LETTUCE

材料：

生菜（包心）1顆、鮑魚1粒（也可買罐頭鮑魚不必再製）、高湯1½碗、太白粉水1½大匙。

Ingredients:

1 head iceberg lettuce, 1 abalone (Canned abalone is more covenient to work with.), 1½ cups stock, 1½ tablespoons cornstarch paste

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
66.1 g	2.7 g	55.7 g	2130mg	273mg	525.7cal.

調味料：

鹽1茶匙、味精⅓茶匙、白胡椒粉⅓茶匙、薑酒汁½大匙。

Seasonings:

1 teaspoon salt, ⅓ teaspoon MSG, ⅓ teaspoon white pepper, ½ tablespoon ginger wine

做法：

1. 包心菜剝去2～3葉外面老殘葉子，洗淨後切成大長片，鋪於盤底。
2. 未發的鮑魚買回用冷水浸兩天（其間要換水以免有怪味產生），取出洗淨加老薑1大塊連清水（水量以浸過鮑魚爲準）移入蒸鍋蒸3～4小時，取出修去不好看的邊皮切片或切塊放回原湯中，再蒸2～3小時連湯汁都可使用。
3. 如是買罐頭鮑魚就不必麻煩，直接取出切片使用即可，罐頭內湯倒出煮滾一樣可供食用。
4. 取一小煮鍋把高湯或連罐頭汁一起煮滾，加入調味料大滾後把鮑魚片放進同滾，但一面淋下1½大匙太白粉勾芡，滾起後立刻連汁一起倒在鋪著生菜的盤中供食。

Method:

1. Remove the outer withered lettuce leaves; wash, then cut into large pieces. Arrange on the plate.
2. Soak the fresh abalone in cold water for two days. Remember to change water from time to time, or there will be an unpleasant smell. Remove and wash. Place with 1 slice of ginger root and water (enough to cover abalone) in a steamer; steam for 3～4 hours. Remove. Cut off irregular looking parts along the the edge to make it round. Slice into pieces. Put in steamer again. Steam for another 2～3 hours. If using canned abalone, just slice and keep the juice.
3. Pour the steamed broth or canned juice in a small saucepan. Add seasonings. Bring to a boil. Add abalone slices. Add cornstarch paste to thicken. When boiling, remove and pour over lettuce. Serve.

備註：

鮑魚含有豐富營養，常吃可以滋補強身。

Note:

Abalone is nutritious and conducive to health.

jpepito@歪鼎汉

紙包魚

PAPER-WRAPPED FISH

材料：

鰈魚（俗稱比目魚）或牛舌魚（俗稱黃帶魚）、玻璃紙1張（裁成15×15公分大小）、鮮奶油1小條、炸油1鍋。

Ingredients:

1 flounder, 1 piece cellophane (6″×6″), butter, 4～5 cups oil for frying

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
210 g	115 g	17 g	2300mg	450mg	1943cal.

調味料：

①鹽1茶匙、味精½茶匙、酒½大匙、胡椒粉½茶匙、薑汁1大匙、太白粉3茶匙。

②太白粉1大匙、清水1½大匙。

Seasonings:

①1 teaspoon salt, ½ teaspoon MSG, ½ tablespoon wine, ½ teaspoon pepper, 1 tablespoon ginger juice, 3 teaspoons cornstarch

②1 tablespoon cornstarch, 1½ tablespoons water

做法：

1. 魚洗乾淨，切去頭和肚子，並撕去魚皮。
2. 將魚肉切成約3指寬4指長的魚塊，放入①料中攪拌均勻，醃20分鐘。
3. 把魚塊放在舖平的玻璃紙邊角上，並放上1小片奶油，然後折包起來，在封口處塗上少許②料。
4. 油鍋燒至八分熱，放入包好的魚，炸6～8分鐘，即可食用。

Method:

1. Rinse fish. Remove head and internal organs. Tear off fish skin.
2. Cut fish to 2″×2½″ pieces. Mix well with seasoning ①. Let stand for 20 minutes.
3. Place fish at one corner of the cellophane. Put a small piece of butter on fish. Wrap the fish with cellophane. Use seasoning ② to seal.
4. Heat oil until moderately hot. Put the wrapped fish in and deep fry for 6～8 minutes. Remove and serve.

備註：

除了鰈魚、牛舌魚外，其他肉細、骨少的魚類均可。

Note:

Other kinds of fish with tender meat and less bones can be used instead.

jpepito王鼎汉

檸檬魚片

LEMON-FLAVORED FISH SLICES

材料：
鱈魚片900公克、沙拉油6大匙。
Ingredients:
2 pounds codfish filets, 6 tablespoons oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
153.2 g	88.1 g	57 g	3300mg	400mg	1633.7cal.

調味料：

①薑酒汁1大匙、胡椒½茶匙、糖1茶匙、鹽½茶匙。

②鮮鳳梨屑2大匙、檸檬汁½大匙、糖3大匙、鹽1茶匙、味精½茶匙、清水1飯碗、太白粉1大匙。

Seasonings:

①1 tablespoon ginger wine, ⅓ teaspoon pepper, 1 teaspoon sugar, ½ teaspoon salt

②2 tablespoons fresh chopped pineapple, ½ tablespoon lemon juice, 3 tablespoons sugar, 1 teaspoon salt, ½ teaspoon MSG, 1 cup water, 1 tablespoon cornstarch

做法：

1. 魚肉洗淨擦乾，片成較小的魚片（或整片亦可）。
2. 將魚肉放入①料攪拌均勻，醃20分鐘。
3. 炒鍋（或平底鍋）入油，將魚肉煎到兩面略呈金黃色，盛起。
4. 另用小鍋將②料煮滾使成糊狀，然後盛起淋到魚片上面即可供食。

Method:

1. Rinse fish meat and pat dry. Cut each filet into thinner, smaller slices. (You can also use the whole filet if desired.)
2. Mix the fish well with seasoning ①. Let stand for 20 minutes.
3. Heat oil in pan. Sauté fish slices on both sides till golden brown. Remove.
4. Use another pan to boil seanoning ② till thickened. Pour over fish and serve.

備註：

爲求畫面美觀，故將鳳梨切成粒狀，實際應將之剁碎。

Note :

Pineapple should be finely chopped.

jpepito王鼎汉

麻辣魚塊

SPICY FISH CHUNKS

材料：

鮸魚肉（俗稱三牙魚）3～4片、沙拉油4大匙、炸油1鍋、太白粉水2大匙、清水½飯碗。

Ingredients:

3～4 pieces croaker fish, 4 tablespoons oil, 4～5 cups oil for frying, 2 tablespoons cornstarch paste, ½ cup water

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
107.7 g	97.4 g	146.2 g	4300mg	400mg	1892.2cal.

調味料：

①酒1大匙、薑汁1大匙、鹽½茶匙、味精½茶匙、太白粉3茶匙、清水2茶匙。
②太白粉1飯碗、麵粉3大匙。
③蒜屑1大匙、紅辣椒屑1大匙、醬油2大匙、糖1茶匙、鹽½茶匙。
④花椒粉1茶匙、麻油2茶匙、葱或香菜屑½大匙。

Seasonings:

①1 tablespoon wine, 1 tablespoon ginger juice, ½ teaspoon salt, ½ teaspoon MSG, 3 teaspoons cornstarch, 2 teaspoons water
②1 cup cornstarch, 3 tablespoons flour
③1 tablespoon chopped garlic, 1 tablespoon chopped red chili, 2 tablespoons soy sauce, 1 teaspoon sugar, ½ teaspoon salt
④1 teaspoon xanthoxylum seed powder, 2 teaspoons sesame oil, ½ tablespoon chopped green onion or coriander

做法：

1. 魚肉洗淨，擦乾水份，拌入①料醃20分鐘。
2. 將醃好的魚片用②料沾抹均勻。
3. 炸油燒九分熱，放入魚片炸約4分鐘（呈金黃色即可）撈起。
4. 炒鍋入沙拉油，放入③料炒香，再放入清水及魚片，輕輕翻炒數次。
5. 淋下太白粉水、勾芡均勻後再灑下④料，即可供食。

Method:

1. Rinse fish meat and pat dry. Blend well with seasoning ①. Let stand for 20 minutes.
2. Coat each fish piece evenly with seasoning ②.
3. Heat oil till hot. Deep fry fish for about 4 minutes till golden brown. Remove and drain.
4. Heat 4 tablespoons oil in pan. Add seasoning ③ and stir-fry for a while. Put water and fish pieces in. Stir-fry slightly for a while.
5. Pour in cornstarch paste to thicken gravy. Sprinkle seasoning ④ on top and serve.

jpepito王鼎汉

蒜粒豉香花龍魚

SIMMERED CARANGIDS WITH FERMENTED BEANS AND GARLIC

材料：

花龍魚（俗稱肉鯽魚）5～6條、沙拉油6大匙、清水3大匙。

Ingredients:

5～6 carangids, 6 tablespoons oil, 3 tablespoons water

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
140 g	94 g	10 g	4100mg	300mg	1446cal.

調味料：

葱1支（切細屑）、紅辣椒2支（切細屑）、蒜粒6～8粒（切細屑）、薑屑1茶匙、豆豉2大匙、鹽1茶匙、糖2茶匙、醬油2大匙、酒½大匙、味精少許。

Seasonings:

1 chopped green onion, 2 chopped red chilies, 6～8 chopped garlic cloves, 1 teaspoon chopped ginger, 2 tablespoons dry fermented beans, 1 teaspoon salt, 2 teaspoons sugar, 2 tablespoons soy sauce, ½ tablespoon wine, some MSG

做法：

1. 魚洗淨去內臟，擦乾水份。
2. 炒鍋入油燒熱，放進魚煎至兩面微黃後盛起。
3. 利用炒鍋中餘油將調味料炒香，放回煎黃的魚，略爲翻炒數次。
4. 放入清水，加蓋燜煮3分鐘，即可盛起供食。

Method:

1. Rinse fish. Remove internal organs. Pat dry.
2. Heat oil in pan. Grill the fish on both sides until slightly scorched. Remove.
3. Use the oil left in pan to stir-fry seasonings for a while. Put the fish back into the pan. Stir-fry for a while.
4. Add water. Simmer with cover on for 3 minutes. Remove and serve.

備註：

除了花龍魚以外，其他許多魚也都可以用此法煮來吃，既美味又開胃。

Note:

Besides carangids, many other kinds of fish can also be cooked this way.

jpepito王鼎汉

咖哩魚頭鍋

CURRIED FISH HEAD

材料：

大魚頭（海魚）1個、開水1鍋、沙拉油8大匙、鮮奶200cc.、椰子汁400cc.、黑胡椒粉1茶匙。

Ingredients:

1 large (sea) fish head, 1 pot boiling water, 8 tablespoons oil, 200cc. fresh milk, 400cc. coconut juice, 1 teaspoon ground black pepper

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
86.9 g	152.2 g	95.3 g	4000mg	218mg	2098.6cal.

調味料：

①咖哩粉5大匙、紅葱頭屑1½大匙、洋葱丁塊½飯碗、紅蘿蔔丁塊 ⅔飯碗、紅辣椒屑1大匙、鹽2茶匙、絞肉3大匙、酒1½大匙、糖3大匙、薑茸½大匙、蒜茸（或蒜粉）½大匙、番茄1粒（切小丁）。

②馬鈴薯2粒，切3公分立方丁塊（最好先用油炸4分鐘）、小菜球 8～10顆。

Seasonings:

①5 tablespoons curry powder, 1½ tablespoons chopped scallion bulb, ½ cup dried onion, ⅔ cup dried carrot, 1 tablespoon chopped red chili, 2 teaspoons salt, 3 tablespoons ground pork, 1½ tablespoons wine, 3 tablespoons sugar, ½ tablespoon chopped ginger, ½ tablespoon chopped garlic, 1 diced tomato

②2 potatoes (dice into inch size cubes and fried for 4 minutes), 8～10 baby mustard greens.

做法：

1. 魚頭去鰓及鱗洗淨，用開水燙1分鐘，再冲洗乾淨。
2. 淨鍋入油，先放入①料炒香，再放入魚頭和椰子汁（亦可用高湯或清水代替）煮10分鐘，其間要翻轉魚頭並加入鮮奶使略滾起，然後盛起放入舖好½②料的小鍋中。
3. 將剩餘的②料舖放在魚頭旁邊，然後用小火或焗爐慢慢滾煮約7～8分鐘，食前加黑胡椒粉即可。

Method:

1. Remove gills and scales from fish head. Rinse. Parboil in boiling water for 1 minute. Rinse under cold water.
2. Heat oil in pan. Add seasoning ① and stir-fry for a while. Put fish head and coconut juice in to cook for 10 minutes. (Stock or water can be used instead of coconut juice.) During cooking, turn the fish head over from side to side. Add fresh milk. After boiling for a while, remove and put into a small pot which already has half the amount of seasoning ② in it.
3. Place the other half of seasoning ② beside the fish head. Simmer the fish head over low flame for 7～8 minutes. Sprinkle black pepper on top and serve.

備註：

亦可將魚頭切開成塊再烹煮。

Note:

Fish head can also be cooked in pieces.

jpepito 王鼎汉

油爆蝦

SAUTÉED PRAWNS

材料：
大劍蝦600公克、沙拉油4大匙。
Ingredients:
1.3 pounds prawns, 4 tablespoons oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
55 g	62 g	1.7 g	1855mg	900mg	817cal.

調味料：

醬油1大匙、味精少許、葱屑1大匙、薑汁1大匙、鹽少許、酒2茶匙。

Seasonings:

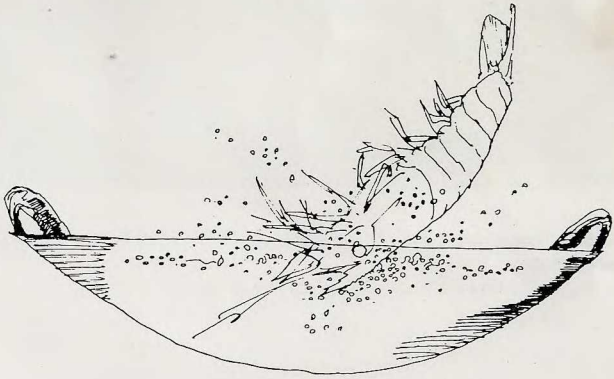
1 tablespoon soy sauce, some MSG, 1 tablespoon chopped green onion, 1 tablespoon ginger juice, some salt, 2 teaspoons wine

做法：

1. 蝦剪去頭上尖刺及大脚，並挑去泥腸；洗淨吸乾水份。
2. 將剜蝦和調味料拌勻醃 30 分鐘。
3. 炒鍋入油，放入醃好的蝦（醃汁不要），用大火快炒約1½分鐘（至炒鍋中無湯汁）即可盛起食用。

Method:

1. Cut off prawns' antennae and legs with kitchen scissors. Remove intestinal cords. Rinse and pat dry.
2. Blend prawns with seasonings. Marinate for 30 minutes. Discard marinade.
3. Heat oil in pan. Add prawns. Stir-fry quickly over high heat for 1½ minutes till liquid has evaporated. Remove and serve.



jpepito王鼎汉

芙蓉蟹

CRAB OMELET

材料：
海蟹2隻（約900公克）、鷄蛋6個、沙拉油8大匙。

Ingredients:
2 (sea) crabs (about 2 pounds), 6 eggs, 8 tablespoons oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
97 g	172 g	22.4 g	3986mg	2820mg	2066cal.

調味料：

薑酒汁2大匙、胡椒粉⅓茶匙、味精½茶匙、醬油1½大匙、糖1大匙、鹽1茶匙。

Seasonings:

2 tablespoons ginger wine, ⅓ teaspoon ground pepper, ½ teaspoon MSG, 1½ tablespoons soy sauce, 1 tablespoon sugar, 1 teaspoon salt

做法：

1. 蟹剝開背殼用毛刷刷洗乾淨，除去沙囊和肺羽，把水滴乾，並切成小塊（每塊約6～7公分長）；蛋去殼打極散。
2. 炒鍋先加熱2分鐘，倒下油立即放下蟹肉和味料一起翻炒（用大火），炒到汁收乾時淋下蛋汁，也慢慢炒至蛋全部凝塊並有焦香味即可。

Method:

1. Brush crabs clean. Lift off back shells. Take out gills and organs. Drain liquid out. Chop into small pieces (about 2 inches long). Beat eggs well.
2. Heat pan over moderate heat for 2 minutes. Pour in oil. Add crab pieces immediately after. Add seasonings. Stir-fry over high flame till liquid has evaporated. Pour egg mixture in. Stir-fry till firm and a little scorched. Serve.

jpepito王鼎汉

簡易家常醉蟹

HOMEMADE WINE-MARINATED CRABS

材料：

活蟹1隻或2隻（不可用淡水毛蟹，如無活蟹時很新鮮的海蟹亦可）、高粱酒1大匙、鹽2～3茶匙、冰開水適量、味精½茶匙。

Ingredients:

1 or 2 fresh crabs, 1 tablespoon Kaoliang wine, 2～3 teaspoons salt, some ice water, ½ teaspoon MSG

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

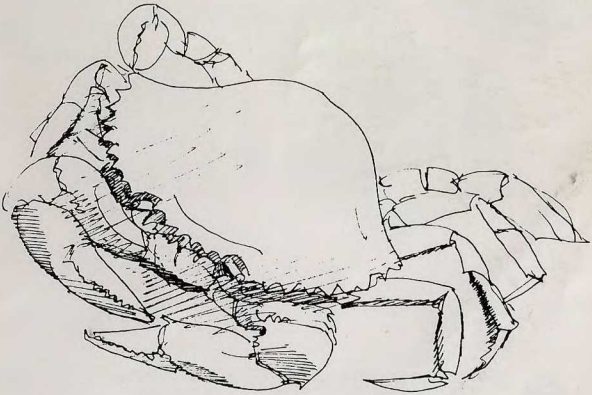
蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
24.6 g	9.6 g	3.6 g	6110mg	480mg	235cal.

做法：

以竹筷由口直插入活蟹腹，等蟹不再動了才解開繩索。把背殼打開，剝去肺羽，冲洗乾淨，切成小塊，滴乾水份，同時，將背蓋上的砂囊剝去，再挑出背蓋中的蟹膏，冲洗乾淨，放在切好的蟹塊中。等滴乾水份（約5分鐘），放下鹽和酒及味精仔細拌勻。如只有1隻蟹時要多加些冰開水以冲淡調味料的鹹味；如用2隻蟹可少放些冰開水。把醃好的蟹塊放在一有蓋的碗內入冰箱存放4小時後即可取出食用（加冰水的份量2隻蟹約1大匙，1隻蟹約3～4大匙），香脆可口。

Method:

Remove the large main shell from crabs. Clean and sponge exposed parts. Rinse. Cut crabs into small pieces. Drain water out. Put crabs in a bowl. Add salt, wine and MSG. Blend well. Add some ice water. Cover the bowl and put into refrigerator for 4 hours. Serve. (Add about 1 tablespoon of ice water for 2 crabs and 3～4 tablespoons of ice water for 1 crab.)



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